

Spicy Refried Bean Tacos with Mexican Corn Bread



Serves: 4-6

Profitability:

Steps:

Spicy Refried Bean Tacos:

In a large frying pan gently fry the onions in 2 tbsp olive oil for 4-5 minutes, stirring frequently

Stir in the refried beans and add the chopped tomato. Fry until heated through

Season to taste with chilli sauce and a little salt if desired

Half-fill the warm taco shells with the mixture and top with grated cheese and shredded lettuce (you can put the lettuce at the bottom of the shell if you prefer)

Garnish with a slice or two of avocado and a dollop of sour cream

Mexican Corn Bread:

Beat the egg with the oil until blended, then add the chilli pepper

Stir in the corn, crème fraiche, cornmeal, salt, baking powder and all but 110g of the cheese. Pour into a 20cm square pan

Sprinkle the remaining cheese over the top

Bake in a preheated 180°C oven for 40 minutes

Let cool slightly in the pan, then un-mould and serve warm

Stripping Corn Kernels off the Cob:

Remove the outer leaves or husks and all silk from the corn

Holding the corn cob upright with the flat end firmly on a board, run a sharp knife down the length between the kernels and the cob to strip the kernels away

Ingredients:

Spicy Refried Bean Tacos

2 medium tomatoes, chopped small

2 tbsp olive oil

230g canned refried beans

1 medium onion, chopped

1-2 tsp hot chilli sauce or to taste

4 taco shells, warmed as per instructions on pack

Grated cheddar cheese (optional)

For garnish

Sliced avocado

Sour cream, optional

Shredded lettuce

Squeeze of lime or lemon juice

Mexican Corn Bread

1 free-range egg

2 tbsp olive oil

1-2 tbsp chopped fresh hot chilli pepper

230g tin sweetcorn, drained, or 2-3 fresh ears of corn, kernels cut off

110g crème fraiche or sour cream

230g yellow cornmeal

1 tsp sea salt

1 tsp baking powder

460g grated cheese